

Preparing to Sail

Coasters Harbor Navy Yacht Club

www.nwc.navy.mil/chnyc

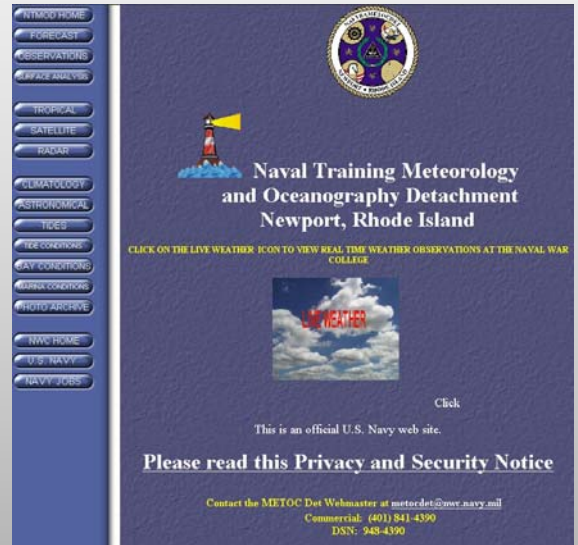


Safety and Comfort

- **Weather**
- **Clothing**
 - Warm
 - Cool
- **Sun Protection**
- **Deck shoes**
- **Jewelry**
- **Required Equipment**
 - Personal flotation
 - Distress signaling

Weather Forecast

- **Local media**
 - Newspaper
 - Radio
 - TV
- **INTERNET**
 - nwc.navy.mil/weather
 - Intellicast
 - noaa.gov
- **Marina**
 - Whiteboard



Marine Forecast

- Wind direction
- Wind velocity
- Visibility
- Wave height
- Warnings
- Temperature
 - Air
 - Water
- Sunrise
- Sunset
- Tides
 - Currents



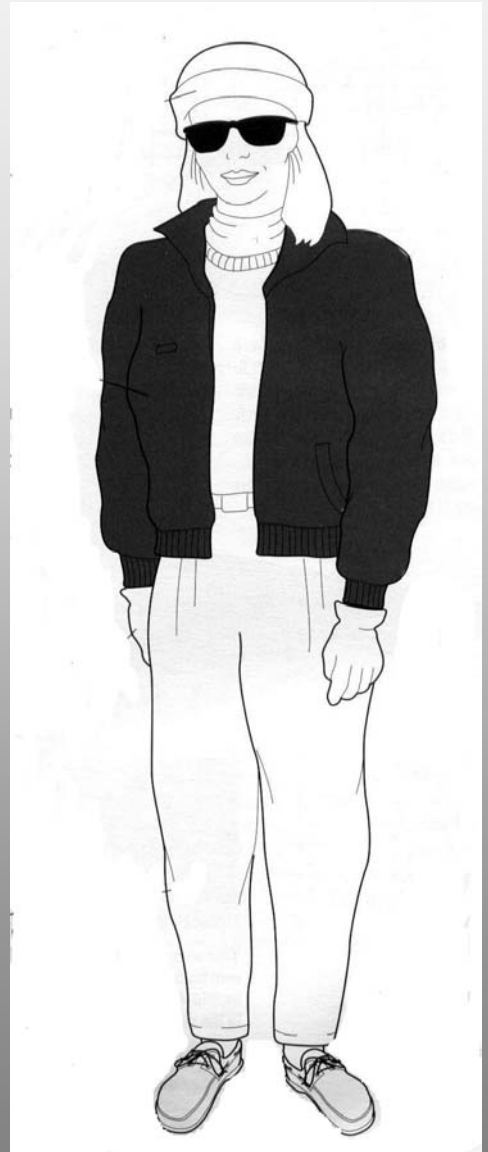
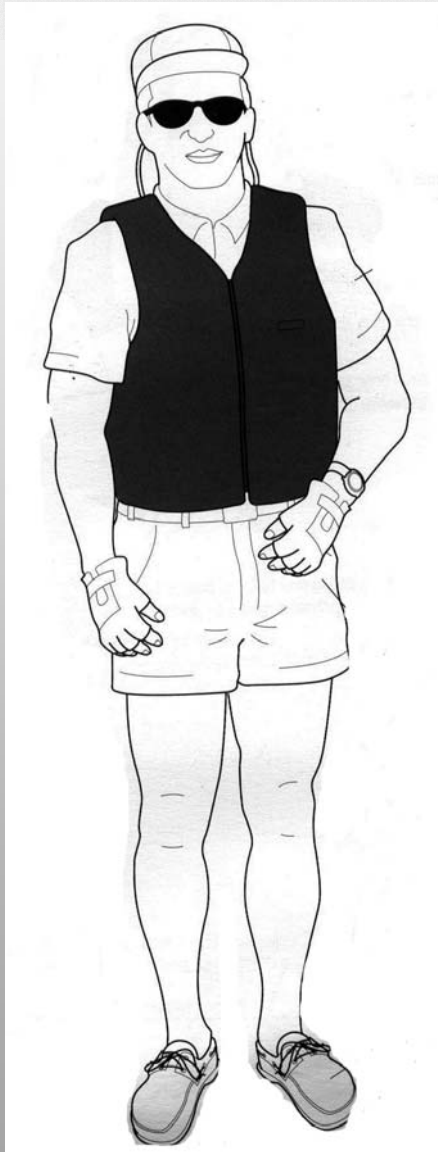
Warm Weather Clothing

- **Stay comfortable**
- **Sun protection**
 - **Sun block (SPF)**
 - **Brimmed hat with “keeper”**
 - **Sunglasses with “keeper”**
- **Cotton collared shirt**
- **Relaxed fit pants/shorts**
- **Deck shoes**

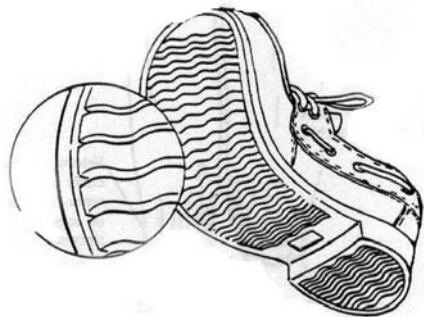
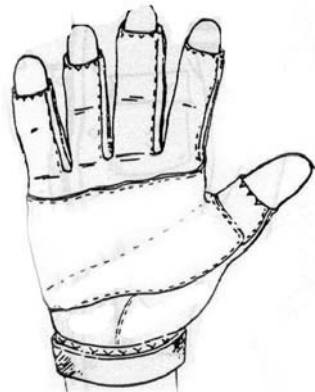
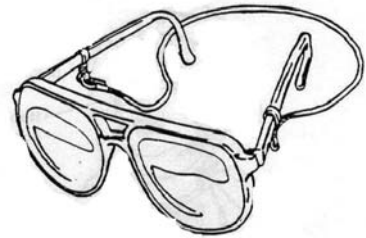
Cool Weather Clothing

- **Stay comfortable**
- **Be prepared for change**
- **Layered approach**
 - Hat
 - Gloves
 - Socks
- **Relaxed fit**
- **Easy movement**
- **Stay dry**
 - Nylon-fleece jacket
 - Foul weather gear
 - No sweats

Proper Clothing

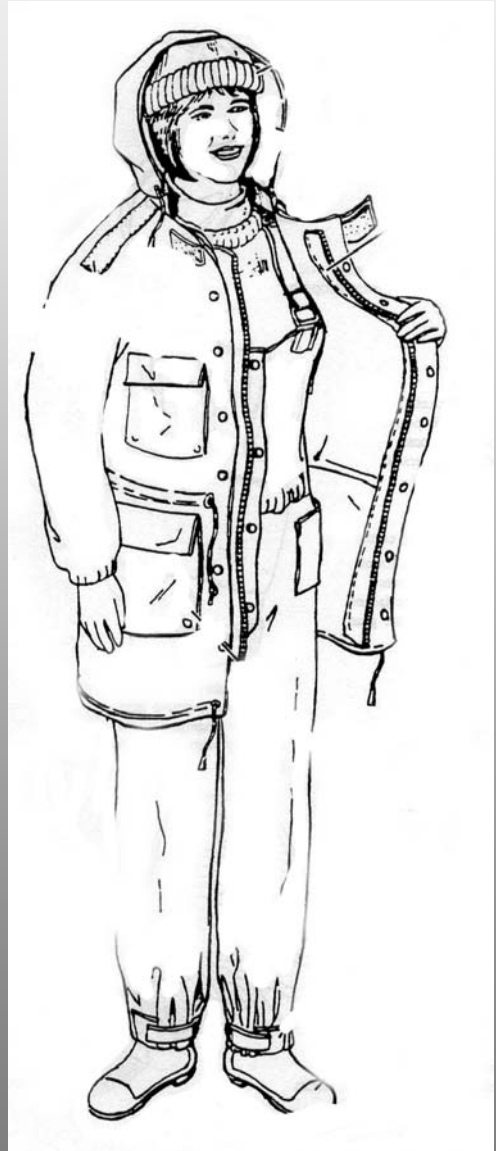


Proper Clothing



Foul Weather Gear

- **Sailing rain or shine**
- **Two pieces**
 - Jacket
 - Pants/bibs
- **Comfortable**
 - Movement
 - Layered
- **Flaps on pockets + zippers**
- **Closures ankles + wrists**
- **Many pockets**
- **Hood**

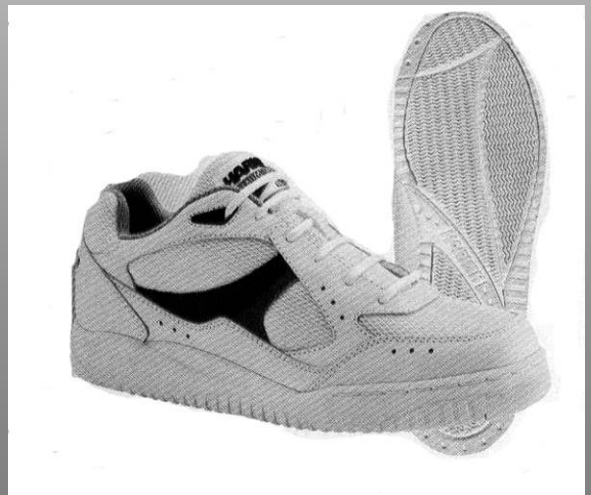


Sun Protection

- **Sunscreen**
- **Sun protection factor**
 - **SPF 15 or higher**
 - **Even on cloudy days**
 - **Stay times**
- **Reflection off water**
- **Hat/cap**
- **Sunglasses**
 - **UV coating**
 - **Polaroid**

Deck Shoes

- **Closed toed**
- **Grip wet deck**
 - Rubber soled
 - Razor cut
- **Non marking**
 - White soles



Jewelry

- **Leave fine jewels ashore**
- **Watches**
 - Take a beating
 - Water resistant (proof?)
- **Rings**
 - Avoid “de-gloving”
- **Earrings**
 - No dangles
- **Bracelets**
 - MED Alert

Personal Flotation

- **US Coast Guard approved**
- **Required equipment**
 - **Good condition**
 - **Proper size**
 - **Readily available**
- **One per person aboard**
- **Worn during training**
- **Five types**
 - **I through V**
- **Visible colors**

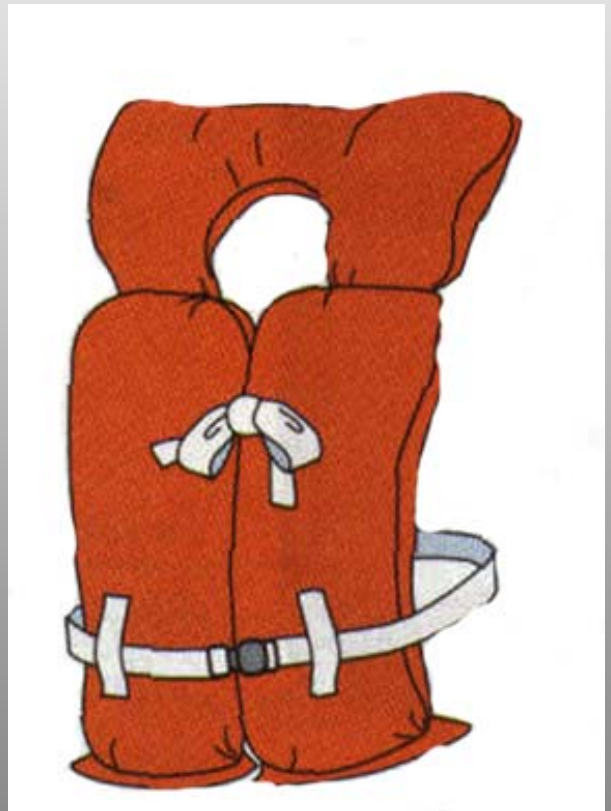
PFD - Type I

- Offshore
- Bulky
- Very buoyant
- Moderate sea
- Turn most unconscious person face up



PFD – Type II

- Near-shore
- Less bulky
- Less buoyant
- Turns most unconscious person face up
- Most common



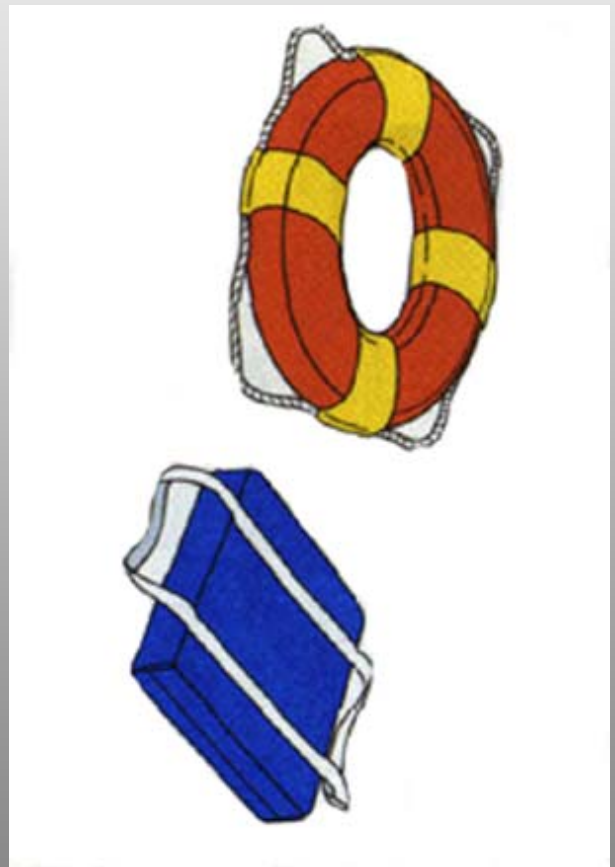
PFD – Type III

- Flotation aid
- More comfortable
- Easier to swim
- Not designed to keep face out of water



PFD – Type IV

- **Throwable devices**
 - Cushions
 - Rings
- **Not for**
 - Rough water
 - Non-swimmers
 - Unconscious
- **One must be aboard in addition to other types**



PFD – Type V

- **Special Use Devices**
 - Windsurfing
 - Water skiing
 - Kayaking
 - Hybrid
 - Inflatable
 - Deck suits
- **Must be worn to be acceptable**
 - Read label



Other PFD



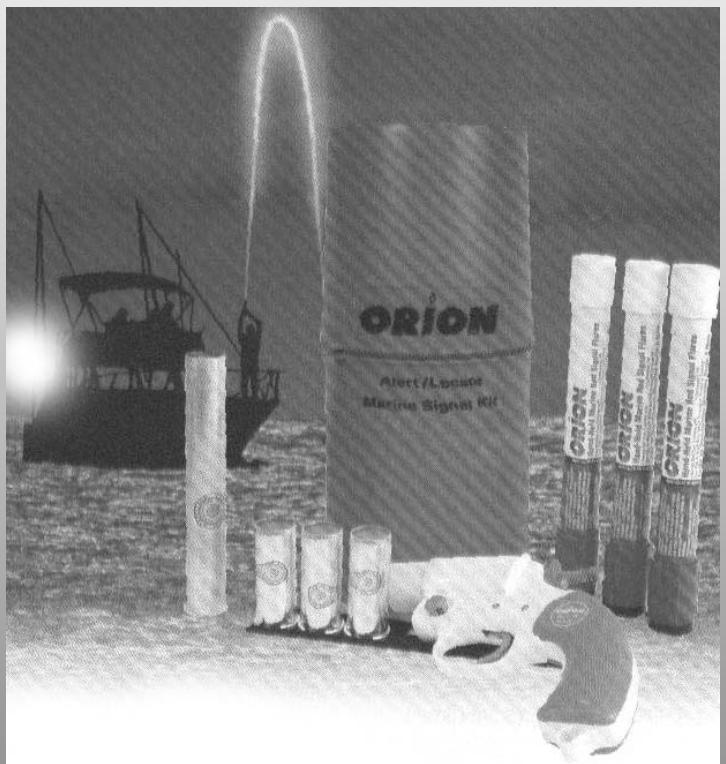
Distress Signals

- **International**
 - Annex IV to COLREGS
- **Inland**
 - Same as international plus high intensity white light flashing 50-70 flashes per minute



Distress Kits

- **Rockets**
 - Roman candle
- **Handheld**
 - Day
 - Night
 - Both
- **Pistol**
 - 12 gauge
 - Firearm?



Hypothermia

- **Signs**

- Shivering
- Impaired judgement
- Dizziness
- Numbness
- Weakness
- Glassy stare
- Change level of consciousness

- **Treatment**

- Check pulse & breathing
- Seek medical assistance
- Gently move to warm place
- Remove wet clothing
- Gradually warm victim

Equipment Issue

- **Sail bag**
 - Whistle attached
- **Paddle**
- **PFD type II**
 - One per passenger
- **PFD type IV**
- **Distress signaling**

Other Safety

- **Sound device**
 - Whistle/horn
- **Paddle**
 - Multi-purpose boom crutch
- **Anchor and rode**
 - Danforth type
 - 100 ft nylon
- **Water bottle**
 - Dehydration
- **Optional**
 - Leatherman / knife
 - Flashlight
 - VHF radio
 - GPS

Prohibited By Law

- **Discharge of sewage**
- **Discharge of trash**
- **Discharge of oil**
- **Subject to substantial sanctions**
 - **Fines**
 - **Imprisonment**

Summary

- **Feel safe**
- **Have fun**
- **If you're doing something wrong:**
 - Risk management
 - Prevent accidents
 - Ask questions
- **Preparation is the key!**